

Angry dad wants to learn how to control his emotions

DEAR ABBY: I'm a dad in my 30s and I have a problem. I have been battling anger issues since I was a kid. I have been finding myself getting more and more worked up with my kids. When they misbehave, I lose it and yell at them. It is the way I was raised; however, I feel even worse afterward.

I really want to break this habit. I don't want the only memories my children have of me to be images of my red face and bugged-out eyes hollering at them. Do you have any guidelines I can follow to get a better handle on my anger? — **LOUD DAD IN WEST VIRGINIA**

DEAR LOUD DAD: Yes, I do. And I'm glad you asked me because it's important that you find other ways of relieving your frustration than taking it out on your children. It is not only counterproductive, it is extremely destructive.

When a bigger person yells at a smaller person, the message is often lost because the smaller person (in your case, your children) simply shuts down out of fear that physical violence might follow.

You should not ignore your feelings when your children act up. Rather, you need to find another manner for expressing your



DEAR ABBY

emotions. My booklet "The Anger in All of Us and How to Deal With It" offers suggestions on redirecting angry feelings in a healthy way. It can be ordered by sending your name and mailing address, plus a check or money order for \$7 (U.S. funds), to Dear Abby – Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price. Dealing with anger calmly and with reason is more effective than lashing out. Expressing your feelings is healthy when it's done with a few well-chosen words that make your point. As you have already learned, exploding in anger serves no constructive purpose and only makes you feel worse afterward.

Sometimes when people are angry or frustrated about other things, they can lose control of their temper. In situations like these, it is important to evaluate the

source of what might really be irritating you before misdirecting your anger at someone who is blameless.

There are healthy ways of dealing with anger and frustration. Developing the control to express emotions verbally without being abusive or calling names is one of them. Another is to say a prayer ("Please Lord, don't let me lose my temper!") before opening your mouth. Leaving the room, going for a walk or short run can be helpful.

Unhealthy ways that should be avoided include getting into your car when you are angry, or using alcohol or drugs to calm you.

My booklet offers many other suggestions for dealing with anger and frustration, and I hope it will be helpful to you. However, if it isn't, then you should discuss your problem with a mental health professional. It's important to get a handle on your feelings so your children won't grow up thinking that verbal abuse is a normal way to handle their emotions.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

su | do | ku

© Puzzles by Pappocom

			5	7			
5	6					1	3
3		7			2		8
	7		6	1		3	
6	1				8		5
	3		4	5		7	
9		6			5		7
2	1					6	4
			8	6			

Instructions for play: Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

That's all there is to it. There's no math involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive!

Solving time is typically from 10 to 30 minutes, depending on your skill and experience. The solution for today's puzzle will be published in Saturday's paper. Or you can go to www.sudoku.com to find the solution.

3	2	7	5	6	4	1	9	8
6	8	9	7	1	3	4	5	2
4	5	1	9	2	8	6	3	7
1	7	5	6	3	2	9	8	4
8	9	3	4	5	1	7	2	6
2	6	4	8	7	9	5	1	3
9	1	2	3	4	7	8	6	5
7	3	6	1	8	5	2	4	9
5	4	8	2	9	6	3	7	1

HELOISE'S KITCHENEERING BY HELOISE

Processing Cleanliness

Dear Heloise: Do you have a hint for how to quickly and efficiently CLEAN BLENDERS AND FOOD PROCESSORS? I like using these appliances but don't enjoy taking them apart for cleaning. — Susan W. in Pennsylvania

I'm with you! A blender is easy to clean, but a food processor seems like too much work! Susan, there is an easy hint for cleaning these appliances: After you are done using the blender or processor, rinse the pitcher or bowl with water. Fill half of the pitcher or bowl with warm water and add a drop of dishwashing liquid. Put the lid on securely and turn the appliance back on for 20-30 seconds. Also, it takes only a drop of detergent – don't overdo it, thinking more is better. Rinse, dry and that's it. The appliance will be ready for the next time you want to whip up a meal. — Heloise

Send A Great Hint To:
Heloise
P.O. Box 795000
San Antonio, TX 78279-5000
Fax: 210-HELOISE
Email: [Heloise\(at\)Heloise.com](mailto:Heloise(at)Heloise.com)

Club Waffles

Dear Heloise: Help! Years ago, you printed a waffle recipe using club soda. When I opened the book where I kept the recipe all this time, it wasn't there! Could you please print it again? — Lucille S. in Texas

Lucille, don't worry, because you can enjoy these Heloise Club Waffles again! Gather the following ingredients:

- 2 cups biscuit mix
- 1 egg
- 1/2 cup vegetable oil
- 1 1/3 cups club soda

In a large bowl, mix together all of the ingredients using a large spoon. Be sure not to overmix, and use the batter immediately so it does not have a chance to go flat.

Get out your waffle iron and start making delicious, fluffy waffles for everyone to enjoy, or freeze for later! — Heloise

Oatmeal Hint

Dear Heloise: I love fresh fruit in my morning oatmeal, especially peaches. Though they may not always be in season, I found a way to have them all year long! I purchase the cups of diced peaches in 100 percent fruit juice and strain the juice from the cup. I then stir the peaches into the oatmeal when it has 30 seconds left in the microwave. So delicious! — Jacki, via email

Omit The Oven Mitt

Dear Heloise: After collecting wine corks from a few bottles (real ones, not the plastic kind), just wedge them under the handles of pot lids, using two or more, depending on how many the handle will allow. The corks remain cool throughout cooking, and they create a stable grip by which to grasp your pot lids. No need for oven mitts, which can really crowd the space around the stove! — Abbie in San Antonio

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Maggie and Bart's sister
- 5 Clears
- 11 Spot
- 12 General greeting
- 13 Run off
- 14 Harpsichord's cousin
- 15 — Aviv
- 16 Fishing need
- 17 Harold of silent comedies
- 19 Drunkard
- 22 Batter of verse
- 24 Chump
- 26 Nerve part
- 27 Estate recipient
- 28 Demoted planet
- 30 Like seawater
- 31 Favorite
- 32 Scuffle
- 34 Trojan War hero
- 35 Sauna site
- 38 Ophelia's love
- 41 Pirate's take
- 42 For each
- 43 Franc replacer
- 44 Baker's supplies
- 45 Article

DOWN

- 1 Departed
- 2 Vacation spot
- 3 Makes perfectly clear
- 4 Yeoman's "yes"
- 5 School paper
- 6 Rafting challenge
- 7 Landed
- 8 Day warmer
- 9 Riviera season
- 10 Determined
- 16 Young fellow
- 18 Spring period
- 19 Pays
- 20 Leave out
- 21 Thatcher, for one
- 22 Abner's creator
- 23 Car bar
- 25 Tobacco wad
- 29 Main aim
- 30 Jazz horn
- 33 Billing info
- 34 Pub choices
- 36 Skin feature
- 37 Physics bit
- 38 Cow chow
- 39 Big galoot
- 40 Soccer's Hamm
- 41 Floral ring

S	C	A	R	E	D		L	O	F	T
M	A	N	A	G	E		A	R	I	A
O	R	A	N	G	E		D	I	R	T
T	O	I	L	S		B	E	G	E	T
E	L	S	A		F	I	N	A	L	E
				T	O	L	L		M	I
				T	H	E	H	O	B	B
T	O	O		G	A	O	L			
I	R	O	B	O	T		O	K	L	A
E	N	D	E	D		T	O	N	E	S
P	A	I	L		G	A	P	E	A	T
I	D	E	A		A	T	E	A	S	E
N	O	S	Y		L	A	R	D	E	R

Previous Puzzle

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 1, P.O. Box 536475, Orlando, FL 32853-6475

1	2	3	4		5	6	7	8	9	10
11						12				
13						14				
15					16					
		17	18				19	20	21	
22	23				24	25				
26						27				
28				29		30				
31				32	33					
		34					35	36	37	
38	39	40						41		
42							43			
44							45			

1-15

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Porch items
- 5 Black eye
- 11 Track shape
- 12 Puget Sound city
- 13 Gag
- 14 Eugene setting
- 15 Outdid
- 17 Had something
- 18 Trumpet accessories
- 22 Coffee bar order
- 24 Digging tool
- 25 Memento-able time
- 26 Young fox
- 27 Tito Puente's music
- 30 Helps, in a way
- 32 "Midnight in Paris" director
- 33 Radio's Glass
- 34 Rides on the slopes
- 38 "Tender Mercies" star
- 41 Money for release
- 42 Tooth layer
- 43 Sailors' saint
- 44 Tripled trios

45 Whole lot

DOWN

- 1 Magic spell
- 2 Stratford river
- 3 Answer one's phone
- 4 Gumshoe
- 5 Organ part
- 6 Groups of women
- 7 Became frosted
- 8 Seasonal drink
- 9 Punk rock offshoot
- 10 Operated
- 16 Casserole bit
- 19 Pretend to be knocked out
- 20 Fix copy
- 21 Match parts
- 22 Monument Valley sight
- 23 Uttered
- 28 Bagel choice
- 29 Short sock
- 30 Feel poorly
- 31 Graft
- 35 Woes
- 36 Watch reading
- 37 Leisurely
- 38 Private room
- 39 One, for Juan
- 40 Big truck

C	O	L	D		S	P	E	L	L
A	L	O	E		P	A	N	O	U
R	I	G	A		I	N	D	U	C
E	V	I	D	E	N	T	R	E	X
S	E	C	E	D	E	S	E	R	A
				N	E	T		P	E
				G	R	E	E	N	
				L	E	N	D	S	E
				A	C	T		W	H
				D	E	W		R	A
				E	D	I	T	O	R
				S	E	N	A	T	E
				S	E	X	E	S	

Previous Puzzle

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 2, P.O. Box 536475, Orlando, FL 32853-6475

1	2	3	4		5	6	7	8	9	10
11						12				
13						14				
15					16					
		17				18		19	20	21
22	23					24				
25							26			
27			28	29		30	31			
32						33				
		34				35			36	37
38	39	40						41		
42							43			
44							45			

1-16

Daily Cryptoquote – Here's how to work it:

A X Y D L B A A X R
is L O N G F E L L O W

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

1-15

CRYPTOQUOTE

J S R U Z T R I Z F C R S Q T, T R Q G

L T Z O F S Y R O J Q R X X A L X R A O R

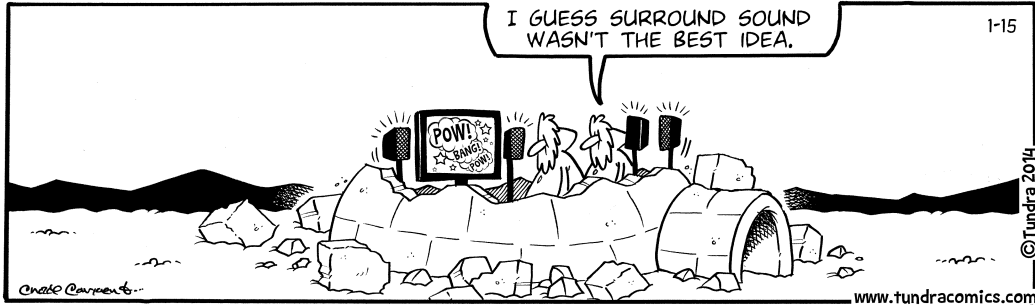
L R Z I I G R I I G T F I G T Z Z T R X X A

X J W T O. — T X J M R Y T I G R O G X T A

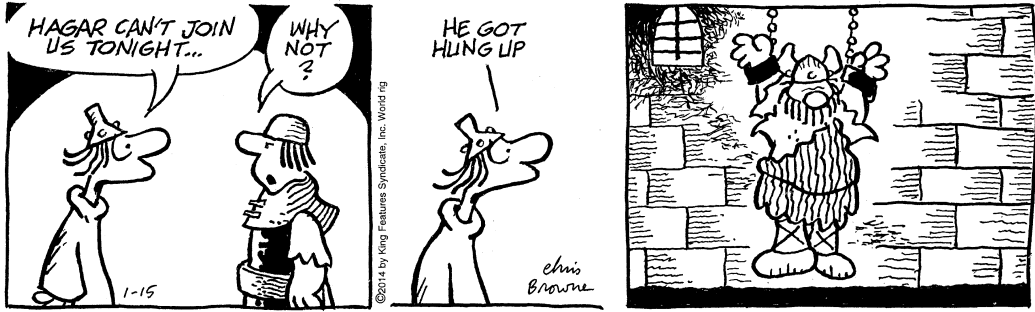
Previous Cryptoquote: LAUGH AND THE WORLD LAUGHS WITH YOU. SNORE AND YOU SLEEP ALONE. – Anthony Burgess

COMICS

Tundra



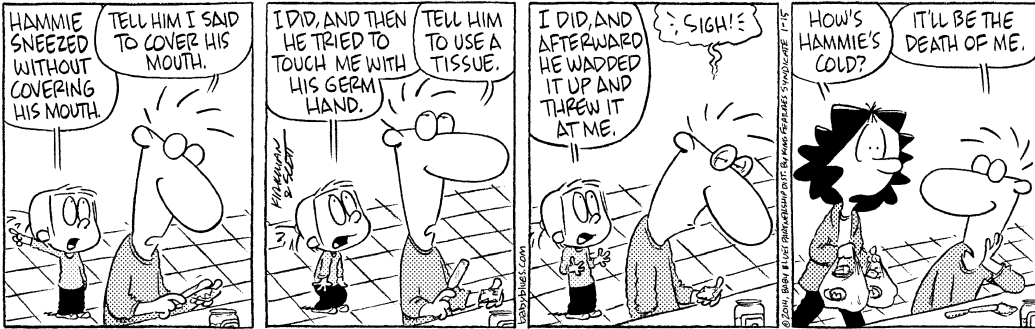
Hagar the Horrible



Peanuts



Baby Blues



Dilbert

